



COBA
DRAGONS

City of Burlington Aquatics (COBA) Dragons



2015 Summer Swim Program



COBA DRAGONS 2015

Welcome to the 12th season of summer swimming for the City of Burlington Aquatics! It is our goal to see that the children of Alamance County have the opportunity to benefit from swimming both physically and competitively. Our most important goal is to have fun in a team environment.

Prerequisite for team participation:

Hatchlings	Must be able to swim 25 yards unassisted without the use of the lane ropes or touching the bottom
Embers	Must be able to swim 25 yards of legal Freestyle
Royal Dragons	Must be able to swim 25 yards of Backstroke and Freestyle legally
Elder Dragons	Must be able to swim Backstroke, Breaststroke, Butterfly, and Freestyle legally

Registration and Fees

Early Registration by May 17 th , 8pm – Swimming or Diving	\$97.00
Final Registration May 18 th – June 1 st – Swimming or Diving	\$107.00
To do both swimming and diving	Add \$30
Additional siblings	\$10 discount

There will be no registration after June 1st

We cannot accept registrations without payment.

Team Apparel

Each participant will receive one team swim cap and team shirt. We expect everyone to wear team apparel to all meets. If your child loses their shirt or it needs to be replaced for any reason, it will not be the team's responsibility. Adult team shirts can be ordered before the above dates for \$10 each.



For meets, we ask that each participant wear a suit that is royal blue, yellow, or black. Please no red, green, orange, or purple.

Practice Times

The first day of practice will be **Tuesday, May 26, 2015**. All practices will be held at the MAC.

Please have your participant to practice on-time and picked up afterwards on-time

Practice Schedule

Hatchlings	Monday – Thursday	6:00 pm – 6:30 pm
Embers	Monday – Thursday	6:00 pm – 6:45 pm
Royal Dragons	Monday – Thursday	6:00 pm – 7:00 pm
Elder Dragons	Monday – Thursday	6:30 pm – 8:00 pm
Flying Dragons (Dive Team)	Monday – Thursday	5:00 pm – 6:00 pm

COBA 2015 Coaching Staff

Tyler Smiley, Head Coach

Coach Smiley has been involved in the world of competitive swimming for 8 years. He was the Head Coach of the Southern Alamance High School Varsity Swim Team for 3 seasons and is currently coaching with the Greensboro Community YMCA year-round swim team. This will be Coach Smiley's 4th season as Head Coach for the COBA swim team.

Savannah Hollars, Assistant Coach

Coach Savannah has been swimming competitively since she was 10 years old. She participated on the Southern Alamance High School Varsity Women's Swim Team for 4 years. This is Coach Savannah's 3rd season with COBA.



Jacob Brown, Assistant Coach

Coach Jacob has been swimming competitively for 10 years. He graduated from Williams High school in June, 2013 and was an active member of the WWHS Varsity Men's Swim Team all four years. Coach Jacob is also an active Eagle Scout. This is Coach Jacob's 3rd season with COBA.

Trey Smiley, Assistant Coach

Trey swam all four of his years with Western Alamance High School under the astounding coaching of Coach Bo. He is technically savvy in all four competitive strokes as well as has an in-depth knowledge of racing strategies that allow swimmers to excel in the middle and end of their races. Coach Trey was a crucial member of the 2014 Dragons Coaching staff and we are fortunate that he will be returning again this year. This will be his 2nd season of coaching.

Emily Carr, Assistant Coach

Emily has been involved with year-round swimming since an early age. As a senior in high school, she won the 1A/2A East Regional Championship in the 100 yard Backstroke and came in 4th at the State Championships. This will be Emily's 2nd season of coaching with the Dragons.

Scott Bowser, Dive Coach

Coach Scott is in his 19th year of coaching swimming and diving. He has coached all levels of swimmers and divers and is looking forward to bringing back diving to COBA. This will be his 2nd season with the Dragons.

Kachana Terrell, Dive Coach

Terrell has many years of experience in the world of aquatics. She is a California and Hawaii native, but has found herself here in North Carolina for the past two years. We look forward to her creative thinking and innovative techniques in her first year with the Dragons.



Coach Bo, COBA Director

Coach Bo is the COBA Director and operates the City of Burlington's three pools year-round. He has been involved in the world of swimming for the past 23 years and has participated and coached in the summer level, USA Swim year-round level, YMCA level, High School level and triathlons of all distances. He will act as Team Administrator and will assist in running the home and Championship meets.

Laurie Sawyer, Club Representative

As the COBA Club Representative, she is our acting Board Member on the Alamance Swim and Dive Association and currently holds the office of President of the Association. This will be her third year as COBA Club Representative.

Contact Information

Maynard Aquatic Center
1402 Overbrook Road
Burlington, NC 27215
(336) 222-5043

Coach Smiley
tsmiley385@gmail.com

Coach Bo
bslott@ci.burlington.nc.us

Laurie Sawyer
lasawyer2@gmail.com



Communications

All official team communications will be sent through the Notify Me Email Listserve. Go to the COBA website and click the link on the bottom of the left column to get to the Notify Me lists. Signup for the list named "COBA Dragons Summer Swim Team Program Updates". There is an option to receive emails, text messages, or both.

<http://www.BurlingtonNC.gov/Pool> -> COBA website

<http://www.BurlingtonNC.gov/NotifyMe> -> Notify Me lists

COBA Parents – Help is Needed!

Team parents are an ESSENTIAL part of our team. It is not possible to run meets without parents who are willing to serve as timers, officials, etc. It takes at least 20 volunteers for each home meet so **YOUR HELP IS NEEDED!!** Please sign up to help for the meets as far ahead of time as possible.

We also need parents who are willing to be trained as stroke and turn judges, starters, dive judges, etc. The Alamance Swim and Dive Association provides this training PRIOR to the beginning of the season, so please contact Laurie Sawyer if you are willing to serve in these capacities.

Important Dates

Thursday, April 23, 2015	Season Kick-Off Pizza Party
Sunday, May 17, 2015	Last Day of Early Registration
Tuesday, May 26, 2015	First Day of Practice
Monday, June 1, 2015	Last Day of Final Registration
Monday June 2, 2015	Team Picture Day
Thursday, July 23, 2015	Pre – Champs Party
Saturday, July 25, 2015	2015 ASDA Swimming Championship Meet @ MAC
Sunday, July 26, 2015	2015 ASDA Diving Championship Meet @ MAC
Monday, August 3, 2015	Post – Season Award Ceremony



Pre-Season Stroke Clinic Dates

Saturday, April 18, 2015 – 10a – 12p	Freestyle and Backstroke
Saturday, April 25, 2015 – 10a – 12p	Breaststroke and Butterfly
Saturday, May 9, 2015 – 10a – 12p	Turns – Open and Flip
Saturday, May 16, 2015 – 10a – 12p	Starts and Finishes – All Strokes

** These are open to all previous and potential Alamance Swim and Dive Association swimmers

Code of Conduct

*Participants are expected to cooperate with the coaches and show respect for themselves, other participants, coaches, equipment, and facilities. They are expected to maintain a positive attitude and to stay in the pool area. Any discipline problems will be discussed with the parents and if problems persist may result in dismissal from the team at the coaches' sole discretion.

Weather Policy

The team will follow the inclement weather policy of the COBA Department. Practice and meets can be canceled due to weather. When in doubt, call the Maynard Aquatic Center (336) 222-5043. Emails notifications will also be sent out via Notify Me.



Meet Registration Policy

For participant sign-ups and parent-volunteer sign-ups, we use SignUpGenius. We will send out (via Notify Me emails) the links for each meet to sign-up for.

To be entered into each meet, including Champs, Coach Smiley **MUST** be notified (via SignUp Genius) no later than the Sunday before the upcoming Tuesday meet or one week before Champs that the participant **WILL BE** competing.

If Coach Smiley is not notified (via SignUp Genius) that the participant will be attending, the swimmer **WILL NOT BE ENTERED** into the meet and **CANNOT** be late entered.

Each participant must be entered for each and every swim meet (via SignUp Genius).

We apologize for the slight inconvenience, but this will cut down on many of the problems encountered in the past. Thank you for helping out with this!



DRAGONS REGISTRATION FORM 2015

Please Print and fill out COMPLETELY – New Page per participant

Swimmer/Diver's information:

Last Name _____ First Name _____

Date of Birth _____ Age _____

Mailing Address _____ (street)
_____ (city/zip)

Home Phone _____ Cell _____

Tee Shirt Size _____ Youth _____ Adult

Extra Parent Shirts (\$10 each) Size(s) _____

Contact email address; _____

Primary Contact Information:

Father's Last Name _____ First Name _____

Office Phone Number _____ Cell Number _____

Mother's Last Name _____ First Name _____

Office Phone Number _____ Cell Number _____

Emergency Contact (other than above)

Name _____

Home Phone Number _____ Cell Number _____

Doctor _____ Dr. Phone Number _____

Medical Conditions that will impact participation:

Medication that will impact participation _____

REGISTRATION BEFORE MAY 17th WILL BE \$97.00. (\$10 discount for siblings)

ANY REGISTRATION FROM MAY 18th – JUNE 1st A \$10.00 LATE FEE WILL BE APPLIED.

NO REGISTRATION AFTER JUNE 1st

Amount Pd. _____ Check # _____ Date Paid _____

Registration accepted by: _____ (COBA Staff Name)



Medical Release

In the event of my absence, I, _____ parent/guardian of

(print full name of parent/guardian)

_____, do hereby give the City of Burlington, the Aquatics Staff, and/or

(print full name of participant(s))

the Dragons coaches permission to have my child treated for injuries. In the event of an emergency, I understand that every attempt will be made to reach me.

By signing below, I also agree to hold harmless the City of Burlington and/or its employees for any physical injuries my child/children or I may incur while participating in this program. I agree that the activity can be a strenuous activity in which accidents may happen.

Signature of Parent / Guardian

Date

Email Address

Home Phone Number

Cell Phone Number

Name of Insurance Company – (Leave blank if not applicable)

Policy Number / ID – (Leave blank if not applicable)

Additional Information or Telephone Numbers That May Enable Us To Reach You:

